



LUNCH RECIPES





MICROGREENS QUINOA BOWL

Ingredients:

- 1 cup cooked quinoa or brown rice
- 1/2 cup sautéed spinach
- 1/2 avocado, sliced
- 1 soft-boiled egg (or fried egg)
- 1/2 cup mixed microgreens (e.g., arugula, sunflower)
- 1 tablespoon olive oil
- 1 teaspoon lemon juice
- Salt and pepper to taste
- Optional: Hot sauce or feta cheese



Instructions:

1. In a bowl, layer quinoa or brown rice as the base.
2. Add spinach, avocado, and egg.
3. Top with microgreens.
4. Drizzle with olive oil and lemon juice.
5. Season with salt and pepper.
6. Add hot sauce or feta if desired.

MICROGREENS ROLL

Ingredients:

- 1 large whole-wheat tortilla
- 2 tablespoons hummus
- 1/2 avocado, sliced
- 1/2 cup mixed microgreens (e.g., sunflower, radish)
- 1/4 cup shredded carrots
- 1/4 cup cucumber, julienned
- 1 slice of turkey or grilled tofu (optional)
- Salt and pepper to taste

Instructions:

1. Spread hummus evenly over the tortilla.
2. Layer avocado, carrots, cucumber, and turkey (if using).
3. Add microgreens on top.
4. Season with salt and pepper.
5. Roll the tortilla tightly, cut in half, and serve!



MICROGREENS PASTA



Ingredients:

- 8 oz spaghetti or your favorite pasta
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1/2 cup cherry tomatoes, halved
- 1/2 cup microgreens (e.g., arugula, pea shoots)
- 1/4 cup grated Parmesan cheese
- Salt and pepper to taste
- Optional: Red pepper flakes

Instructions:

1. Cook pasta according to package instructions; drain and set aside.
2. In a pan, heat olive oil over medium heat.
3. Sauté garlic for 1 minute until fragrant.
4. Add cherry tomatoes and cook for 2 minutes.
5. Toss in cooked pasta and mix well.
6. Remove from heat and fold in microgreens.
7. Top with Parmesan and red pepper flakes (if using).
8. Serve warm!

MICROGREENS SOUP

Ingredients:

- 1 tablespoon olive oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 3 cups vegetable or chicken broth
- 1 cup mixed microgreens (e.g., arugula, radish)
- 1 cup spinach or kale
- 1/2 cup heavy cream (or coconut milk for vegan option)
- Salt and pepper to taste



Instructions:

1. Heat olive oil in a pot over medium heat.
2. Sauté onion and garlic until soft (about 3 minutes).
3. Add broth and bring to a boil.
4. Stir in spinach and microgreens; cook for 2–3 minutes.
5. Blend until smooth using an immersion blender.
6. Stir in cream and season with salt and pepper.
7. Simmer for 2 minutes, then serve hot!